

Science Focus: Healthy living	Year Group: 2	Spring Term
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Key Knowledge:

What does being healthy mean?

Being **healthy** means caring for your body so that you have enough energy to learn, play and grow.

How can we keep ourselves healthy?

We can keep ourselves **healthy** in lots of ways:

- Exercising regularly,
- Eating **healthily**,
- Having a happy attitude,
- Having a **healthy** sleep schedule.

Why is being healthy so important?

It is important to keep ourselves **healthy** because we have one body and we need to look after it to live long, **healthy** and active lives.

What are the different food groups?

- Carbohydrates,
- Saturated fats,
- Unsaturated fats,
- Protein,
- Fibre,
- Vitamins,
- Minerals,
- Water.

What is a healthy diet?

Healthy diet means eating a variety of foods that give you the **nutrients** you need to maintain your health, feel good, and have **energy**.

Possible Experiments/Activities:

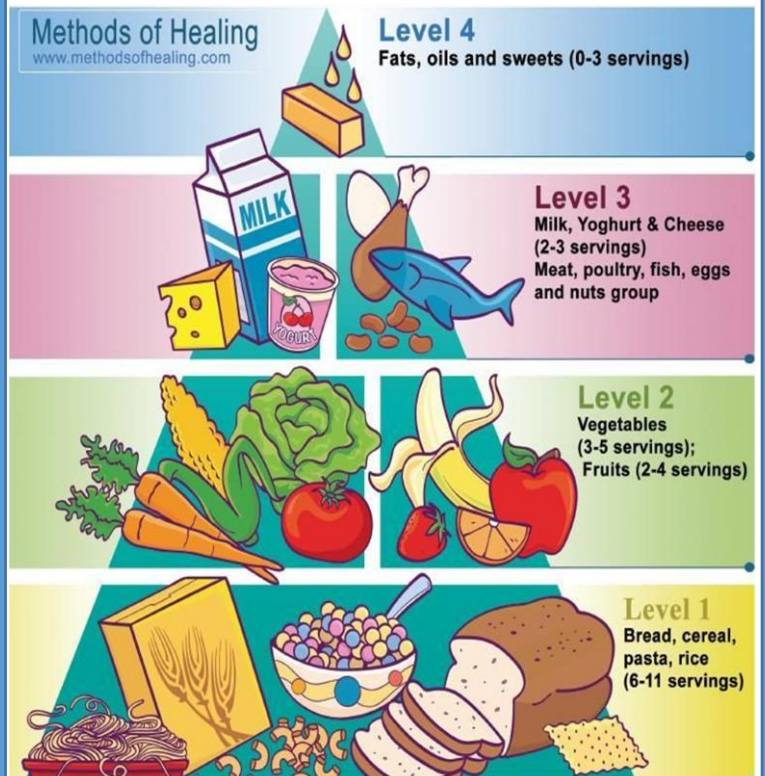
Identifying and classifying healthy and unhealthy foods from a selection in the classroom.

Making own healthy fruit kebabs after identifying healthy snacks.








Key Vocabulary:

Healthy	In good physical and mental condition.
Nutrients	Substances that animals, including humans, need to stay alive and healthy.
Energy	Strength to be able to move and grow.
Saturated fats	Types of fats, considered to be less healthy, that should only be eaten in small amounts.
Unsaturated fats	Fats that give you energy, vitamins and minerals.
Carbohydrates	Types of food that provide energy, eg bread and pasta.

Diagrams and Symbols:



Key Knowledge:

Nutrient	Found in... (examples)
carbohydrates	
protein	
fibre	
fats	
vitamins	
minerals	
water	

How can we keep our minds healthy?

Mindfulness,
Meditation,
Yoga,
Talking about our feelings

Possible Experiments/Activities.

Keeping a food diary and identifying foods from different food groups.

Taking part in new sports and activities from around the world.

Key Vocabulary:

Protein	Types of food that help growth and repair, eg fish and meat.
Fibre	Types of food that help you digest the food you have eaten, eg cereal and grains.
Fats	Types of food that provide energy, eg oil and nuts.
Vitamins	Types of food that keep you healthy, eg fruit and vegetables.
Minerals	As above.
Water	Moves nutrients around your body and helps to get rid of waste.
Food Groups	The name for the different food needed for a balanced diet.
Diet	The types of food you eat, for a healthy diet you need to have a balance from all of the food groups.
Exercise	Physical activity to improve health and fitness.

Diagrams and Symbols:

